

MEAT RECIPE BOOK

VICTORY MEAT EXTENDERS



Compliments

NATIONAL
LIVE STOCK AND MEAT BOARD





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VICTORY

MEAT EXTENDERS

THE American homemaker has an important part to play in the war effort. Her uniform is the kitchen apron and she may wear it proudly; for there is no more important responsibility than hers — that of providing the family with the nourishing and appetizing food which will build strength and vigor and morale for the tasks ahead.

This meat recipe book was designed especially for this gallant soldier on the home front. Its purpose is to assist her in making the most of her meat purchases during the present emergency.

As the name implies, Victory Meat Extenders shows practical and appetizing ways of making the meat go farther in the home so that we can have meat on the table as always.

MEAT PIES
STEWES
PATTIES
DUMPLINGS
SOUPS
STUFFINGS
LOAVES
CASSEROLES
CREAMED MEAT
SALADS
VARIETY MEATS
MEAT BIRDS
LEFT-OVERS
SANDWICHES
ONE DISH MEALS
TIMBALES

CROQUETTES

MEAT BALLS
DRIPPINGS FOR FLAVOR

A GUIDE IN FIGURING Y

In listing here the Victory Meat Extender recipes contained in this book, figures are given with each recipe showing number of persons it will serve and the amount of meat required.

	Number Servings	Meat Required	Totals
● BEEF EXTENDER RECIPES			
Baked Meat Hash (p. 6) - - - - -	4 - 1	pound cooked meat
Beef Stew Aristocrat (p. 4) - - - - -	8 - 2	pounds beef chuck
Beef Stew with Biscuits (p. 8) - - - - -	8 - 1 1/2	pounds beef shank
Brisket with Vegetable (p. 5) - - - - -	6 - 2 1/2	pounds beef brisket
Broiled Beef Patties (p. 6) - - - - -	6 - 1 1/2	pounds ground beef
Creamed Ground Beef on Toast (p. 10) - - - - -	6 - 1	pound ground beef
Fricadilloes (p. 11) - - - - -	8 - 1	pound ground beef
		1/2 pound ground pork
Horseradish Meat Loaf (p. 7) - - - - -	12 - 2	pounds ground beef
		1 pound ground pork
Hunter's Soup (p. 7) - - - - -	12 - 2	pounds soup bone
Meat Roly Poly (p. 9) - - - - -	12 - 1	pound ground beef
		1 pound ground pork
		1 pound ground veal
		1/8 pound bacon
		(3 slices)	
Navy Bean Soup (p. 11) - - - - -	8 - 2	pounds beef brisket
New England Boiled Dinner (p. 4) - - - - -	12 - 4	pounds corned beef
Parkerhouse Cutlets (p. 8) - - - - -	6 - 1	pound cooked meat
Savory Meat Loaf (p. 7) - - - - -	6 - 1/2	pound ground beef
		1/2 pound ground veal
		1/2 pound ground pork
Short Ribs with Beans (p. 5) - - - - -	6 - 3	pounds short ribs
Stuffed Meat Loaf (p. 10) - - - - -	10 - 2	pounds ground beef
		slices bacon
Swedish Meat Balls (p. 6) - - - - -	4 - 1	pound ground beef
Topsy Turvy Meat Pie (p. 11) - - - - -	6 - 1	pound ground beef
● BASIC BEEF RECIPES			
Broiled Sirloin Steak (p. 12) - - - - -	6 - 2	pounds sirloin steak
		(1-inch thick)	
Pot-Roast with Tomato Gravy (p. 12) - - - - -	12 - 4	pounds blade pot-roast
Standing Rib Roast of Beef (p. 12) - - - - -	8 - 4	pounds standing rib of beef
		(2 ribs)	
● VEAL EXTENDER RECIPES			
Montana Veal Birds (p. 13) - - - - -	8 - 2	pounds veal steak or cutlets
Veal Loaf with Mushroom Sauce (p. 14) - - - - -	8 - 1	pound cooked veal
		1/8 pound bacon
		(3 slices)	
Veal Stew (p. 13) - - - - -	6 - 2	pounds veal shoulder
● BASIC VEAL RECIPES			
Braised Veal Chops with Lemon (p. 15) - - - - -	4 - 1 1/4	pounds veal chops
		(4 chops)	
Roast Veal Roll (p. 15) - - - - -	12 - 3	pounds veal roll
		(boned and rolled shoulder)	
Veal Round Roast (p. 15) - - - - -	12 - 3	pounds veal round
● PORK EXTENDER RECIPES			
Broiled French Toastwiches (p. 22) - - - - -	6 - 1/2	pound cooked meat
		(sliced)	
Corn Belt Spaghetti (p. 16) - - - - -	9 - 3	pounds pork shoulder steaks
		1/4 pound salt pork
Ham and Corn Fritters (p. 22) - - - - -	4 - 1/4	pound cooked ham
Ham Loaf in Cider Jelly (p. 22) - - - - -	8 - 1/2	pound cooked ham
Ham Ring (p. 17) - - - - -	6 - 1 1/2	pounds cooked ham
Ham Shanks and Cabbage (p. 19) - - - - -	6 - 2	pounds ham shanks
Hot Pork Mold (p. 23) - - - - -	6 - 1	pound ground pork shoulder
Ladies Aid Salad (p. 18) - - - - -	12 - 1	pound cooked ham
Monday Loaf (p. 18) - - - - -	8 - 1 1/2	pounds cooked meat

OUR MEAT PURCHASES

Thus it is a simple matter to compute the quantity of meat to be purchased for any given period. A column is provided at the right for checking and totalling the pounds.

	Number Servings	Meat Required	Totals
Pork and Apple Salad (p. 16) - - - -	8 - 1	pound cooked pork
Pork Patties (p. 23) - - - -	6 - 1	pound ground pork shoulder
Spareribs and Sauerkraut (p. 17) - - - -	6 - 2	pounds spareribs
Split Pea Soup with Ham (p. 19) - - - -	8 - 2	pounds ham hocks
Stuffed Green Peppers (p. 18) - - - -	6 - 1/3	pound cooked meat

● BASIC PORK RECIPES

Breaded Pork Tenderloin (p. 24) - - - -	4 - 1	pound pork tenderloin
Broiled Ham (p. 24) - - - -	4 - 1	pound ham slice
Roast Loin of Pork (p. 24) - - - -	12 - 5	pounds pork loin

● LAMB EXTENDER RECIPES

Armenian Pirags (p. 27) - - - -	6 - 1	pound cooked lamb
Economy Crown of Lamb (p. 28) - - - -	8 - 2	lamb breasts
		(3 pounds)	
Green Pepper Ring Lamb Loaf (p. 30) - - - -	6 - 1/2	pound bulk sausage
Lamb Patty Broiler Meal (p. 25) - - - -	6 - 1 1/2	pounds ground lamb
Meat Fritters (p. 27) - - - -	6 - 1	pounds ground lamb
Scotch Pancakes (p. 25) - - - -	6 - 1	pound cooked meat
Scotch Soup (p. 29) - - - -	8 - 1 1/2	pound cooked lamb
Southern Hash (p. 26) - - - -	6 - 1	pounds lamb neck
Steamed Lamb Loaf (p. 26) - - - -	12 - 3	pound cooked meat
Tasty Lamb Stew (p. 29) - - - -	8 - 2	pounds ground lamb
		pounds lamb stew

● BASIC LAMB RECIPES

American Style Leg of Lamb Roast (p. 31)	12	-	5-	pound lamb leg	
				(American style)		
Braised Lamb Shanks (p. 31)	-	-	6	-	3 pounds lamb shanks
Broiled Lamb Chops (p. 31)	-	-	6	-	2 pounds shoulder chops
					(6 chops)	

● VARIETY MEAT EXTENDER RECIPES

VARIETY MEAT EXTENDER RECIPES				
Baked Liver with Dressing (p. 35)	- - - 12	- 3	pounds beef liver (1 piece)
		- 1/4	pound salt pork (sliced)
Braised Heart with Stuffing (p. 35)	- - 12	- 4	pounds beef heart (1 heart)
		- 2	slices bacon
Braised Pork Liver with Vegetables (p. 34)	4 -	1	pound pork liver
Breaded Sweetbreads (p. 33)	- - - 4	- 1/2	pound sweetbreads
Creamed Brains on Toast (p. 34)	- - - 4	- 1	pound brains
Kidney Loaf (p. 33)	- - - - 8	- 1	pound beef kidney
Liver Loaf (p. 32)	- - - - 8	- 1 1/2	pounds liver
		- 2	slices bacon
Liver Spoon Cakes (p. 34)	- - - - 6	- 1	pound liver
Tongue Rolls Florentine (p. 32)	- - - - 8	- 1	pound cooked tongue (16 slices)
Tongue with Carrots in Spinach Nests (p. 33)	12 -	- 4	pounds beef tongue (1 tongue)

● SAUSAGE EXTENDER RECIPES

Baked Frankfurters with Stuffing (p. 38) - - - -	6 - 3/4	pound frankfurters (6)
	1/4	pound bacon
		(6 slices)	
Barbecued Sausage Casserole (p. 38) - - - -	8 - 1	pound sausage links
Broiled Open Sandwiches (p. 38) - - - -	8 - 1	pound sausage links
Sausage Link Loaf (p. 37) - - - -	8 - 2	pounds sausage links
Sausage 'n' Squash (p. 36) - - - -	8 - 1	pound bulk sausage
Sausage One-Dish Meal (p. 36) - - - -	4 - 1/2	pound sausage links
Sausage with Pancakes (p. 37) - - - -	6 - 1	pound bulk sausage

Extender Recipes *for* **BEEF**

NEW ENGLAND BOILED DINNER

VICTORY MENU

4 pounds meat — Serves 12

DINNER

New England Boiled
Dinner
Hard Rolls - Butter
Chocolate Cup Cakes
Beverage

4 pounds corned beef	8 carrots
8 onions	8 medium potatoes
8 small parsnips	1 head cabbage
8 turnips	8 beets

Wash meat in cold water. Place in kettle of boiling water to cover. Cover and simmer 3 to 5 hours or until tender. One hour before serving add onions, parsnips, turnips and carrots. Fifteen minutes later add potatoes and quartered cabbage. Cook beets separately. Serve on a large platter with meat in the center and the vegetables arranged around it.

BEEF STEW ARISTOCRAT

VICTORY MENU

2 pounds meat — Serves 8

DINNER

Beef Stew Aristocrat
Waldorf Salad
Bread - - Butter
Boston Cream Pie
Beverage

2 pounds beef chuck	1 No. 2 can green beans
3 tablespoons lard	or peas
1 cup water	8 carrots
1 pound green beans	8 small white onions
or peas	8 whole cabbage leaves
or	Salt and pepper

Wipe meat with a damp cloth and cut into one-inch pieces for stewing. Brown meat in hot lard. Add water. Cover and simmer for about 45 minutes. Add fresh beans, carrots and onions and continue to simmer. Season. Fifteen minutes before meat is done add separated cabbage leaves and continue cooking. If canned beans are used, add with cabbage leaves. Serve meat in cups of cabbage with other vegetables arranged around meat. Thicken liquid left in kettle and serve with stew.

MEAT FOR ENERGY PLUS

BRISKET WITH VEGETABLES

VICTORY MENU

LUNCHEON
Brisket with Vegetables
Bread - - Butter
Spiced Apples
Beverage

2½ pounds meat — Serves 6

2½ pounds beef brisket 1 onion
Water 6 sweet potatoes
1 medium head cabbage

Cover meat with water. Add onion. Cover and simmer slowly until tender allowing 1 hour per pound. A half hour before meat is done, add pared sweet potatoes. Fifteen minutes later add quartered cabbage. When done, remove meat and vegetables to chop plate. Slice the brisket across the grain and serve.

SHORT RIBS WITH BEANS

VICTORY MENU

SUPPER
Short Ribs with Beans
Chili Sauce
Brown Bread - Butter
Fresh Fruit
Beverage

3 pounds meat — Serves 6

3 pounds beef short ribs 2 tablespoons brown
1 pound navy beans sugar
Water Salt and Pepper
1 onion

Soak beans in water over night. Drain and put in covered kettle. Add brown sugar, salt and pepper and sliced onion. Cover with water and simmer 2 hours. Brown short ribs. Place beans in open pan and put brisket on top. Cook in 350° F. oven until meat is tender and beans done, about 1 hour. Add more water when necessary.

Short Ribs with Beans



Country
Thrift
for
Hungry
Folks

BROILED BEEF PATTIES

VICTORY MENU

DINNER

Broiled Beef Patties
Buttered Peas
Broiler Fried Potatoes
Spiced Peaches
Bread - Butter
Baked Custard
Beverage

1½ pounds meat — Serves 6

1½ pounds ground beef ¼ teaspoon pepper
½ cup bread crumbs 4 tablespoons chopped
1½ teaspoons salt parsley
4 tablespoons milk

Thoroughly combine all ingredients. Shape into 6 large or 9 medium sized patties. Arrange on broiler rack with 2 inches between surface of patties and source of heat. When patties are nicely browned on one side, turn and brown on second side. Total cooking time will be about 20 to 25 minutes.

BAKED MEAT HASH

VICTORY MENU

DINNER

Baked Meat Hash
Green Beans
Apple and Cabbage
Salad
Bread - Butter
Chocolate Pudding
Beverage

1 pound cooked meat — Serves 4

2 cups cooked meat 3 cooked potatoes,
1 cup gravy medium size

Use left-over meat and gravy. Dice potatoes and combine all ingredients. Place in buttered baking dish and bake in moderate oven (350° F.) for 30 minutes or until browned.

SWEDISH MEAT BALLS

VICTORY MENU

DINNER

Swedish Meat Balls
Riced Potatoes
Glazed Carrots
Watercress and
Grapefruit Salad
Bread - Butter
Butterscotch Pie
Beverage

1 pound meat — Serves 4

1 pound ground beef 4 slices bread
3 tablespoons grated 2 tablespoons flour
onion 1 cup milk
1 teaspoon salt 2 tablespoons
¼ teaspoon pepper bacon drippings
1 egg

Combine meat, seasonings and egg. Toast bread slowly until dry and brown. Cover with water and allow to soak thoroughly. Squeeze water from toast and combine toast with meat mixture. Shape into small balls and brown in drippings. Remove meat from pan. Add flour to fat, stir until smooth, then gradually add the milk, stirring constantly until smooth and thickened. Place meat balls in gravy, cover and simmer about 15 minutes.

MARCHING FEET NEED MEAT

HORSERADISH MEAT LOAF

VICTORY MENU

DINNER

Horseradish Meat Loaf
Browned Potatoes
Broccoli
Grapefruit Salad
Bread - - Butter
Sugar Dumplings
Coffee or Milk

3 pounds meat — Serves 12

2 pounds ground beef	2 eggs
1 pound ground pork	1 cup cracker crumbs
$\frac{1}{4}$ cup grated onion	1 teaspoon salt
$\frac{1}{2}$ cup horseradish	$\frac{1}{8}$ teaspoon pepper
1 teaspoon mustard	$\frac{1}{2}$ cup tomato catsup

Mix all ingredients except the catsup. Pack into well-greased loaf pan. Cover top with tomato catsup. Bake in a moderate oven (350° F.) for 1 hour.

SAVORY MEAT LOAF

VICTORY MENU

DINNER

Savory Meat Loaf
Spanish Rice
Buttered Squash
Lettuce and Carrot
Salad
Bread - - Butter
Lemon Tapoca Cream
Beverage

1½ pounds meat — Serves 6

$\frac{1}{2}$ pound ground beef	$\frac{1}{4}$ cup grated onion
$\frac{1}{2}$ pound ground veal	$\frac{1}{2}$ cup grated raw potato
$\frac{1}{2}$ pound ground pork	2 teaspoons sugar
6 slices bread	2 teaspoons salt
1 cup milk	$\frac{1}{2}$ teaspoon pepper
1 cup buttermilk	

Have meat retailer grind meat 3 times. Remove crusts from bread and soak in milk for 1 hour. Thoroughly mix all ingredients. Pack into loaf pan (5x9 inches). Bake in a moderate oven (350° F.) for 1½ hours.

HUNTER'S SOUP

VICTORY MENU

SUPPER

Hunter's Soup
Crackers - Butter
Sliced Meat
Green Salad
Figs and Cream Cheese
Beverage

2 pounds soup bone — Serves 12

2 pounds soup bone and meat	2½ cups grated carrots
3 quarts water	2 cups diced carrots
4 tablespoons grated onion	3 cups diced potatoes
	$\frac{2}{3}$ cup barley
	1½ tablespoons salt
	$\frac{1}{2}$ teaspoon pepper

Simmer soup bone in water for one and one-half hours with the grated onion and carrots. Add diced vegetables. Cook barley in boiling salted water until tender. Drain and add to soup. Season and cook until vegetables are done. Meat may be removed from the bone when tender and cut in small pieces to be served in the soup.

MEAT STICKS TO THE RIBS

PARKERHOUSE CUTLETS

1 pound cooked meat — Serves 6

VICTORY MENU

DINNER
Parkerhouse Cutlets
Succotash
Stewed Tomatoes
Hard Rolls • Butter
Apple Pie
Beverage

<i>2 cups minced cold cooked beef</i>	<i>1 tablespoon minced green pepper</i>
<i>1 cup thick white sauce</i>	<i>½ cup bread crumbs</i>
<i>Few grains cayenne</i>	<i>1 egg</i>

Add sauce to meat, then seasonings. Spread on a plate to cool. Shape in form of cutlets, dip in crumbs, beaten egg, then crumbs again. Fry in deep lard at 375° F. Drain and garnish with greens.

BEEF STEW WITH BISCUITS

VICTORY MENU

DINNER
Beef Stew with
Biscuits
Pear and Gingerale
Salad
Bread • Butter
Mocha Souffle
Beverage

1½ pounds meat — Serves 8

<i>1½ pounds shank of beef</i>	<i>6 small onions</i>
<i>4 tablespoons flour</i>	<i>6 small carrots</i>
<i>1 teaspoon salt</i>	<i>3 turnips quartered</i>
<i>Pepper</i>	<i>6 potatoes quartered</i>
<i>Water</i>	<i>Biscuits</i>

Have meat cut in 1 to 2 inch cubes. Mix the flour, salt and pepper, and roll meat in it. Fry out some of the suet from the meat. Brown the pieces of meat and cover with water. Simmer for 2 hours. Add vegetables and cook in 300° F. oven for one hour. Place biscuits on top 30 minutes before serving.

Beef Stew with Biscuits

Something

New

in

Serving

a

Stew



MEAT ROLY POLY

3 pounds ground meat and $\frac{1}{8}$ pound bacon — Serves 12

VICTORY MENU

DINNER

Meat Roly Poly
Cauliflower
Orange and Cranberry
Salad
Biscuits - - Jam
Pumpkin Pie
Beverage

1 pound ground beef	3 teaspoons salt
1 pound ground pork	$\frac{1}{4}$ teaspoon pepper
1 pound ground veal	Bread stuffing
2 eggs	3 slices bacon

Mix ground beef, pork and veal with the beaten eggs and seasonings. Combine thoroughly. Pat to rectangular shape about one-half inch thickness on waxed paper. Spread with Bread Stuffing and roll as for jelly roll. Place in a dripping pan and cover with slices of bacon. Bake in a moderate oven (350° F.) for $1\frac{3}{4}$ to 2 hours. Serve with tomato sauce to which chopped ripe olives or mushrooms are added if desired, or with brown gravy made from drippings.

Bread Stuffing

$\frac{1}{2}$ cup raisins	Salt
6 cups bread cubes	Pepper
$\frac{1}{2}$ cup chopped onion	1 teaspoon powdered
$\frac{1}{2}$ cup chopped celery	sage
3 tablespoons chopped parsley	1 cup soup stock

Rinse raisins and drain. Combine raisins with bread cubes, onion, celery, parsley and seasonings. Mix thoroughly. Add enough soup stock to make a mixture that will hold together. Spread Bread Stuffing on meat mixture.

Meat Roly Poly



The
Bread
Dressing
Is a
Fine
Meat
Extender

STUFFED MEAT LOAF

2 pounds meat and 2 slices bacon — Serves 10

VICTORY MENU

DINNER

Stuffed Meat Loaf
New Peas
Vegetable Relish
Bread - - Butter
Orange Ice
Beverage

2 pounds ground beef	1 cup dry bread crumbs
1 chopped green pepper	½ cup water
1 chopped onion	1 egg
1 tablespoon salt	
1 tablespoon Worcestershire Sauce	2 slices bacon
½ teaspoon sage	Dressing

Combine all ingredients. Mix well. Make a layer of one-half the meat mixture in a deep 9-inch pan. Cover with dressing. Press remaining meat mixture over dressing. Place bacon on top. Bake in a moderate oven (350° F.) for 1 hour.

Dressing

¼ cup butter or meat drippings	1 cup water
2 cups dry bread crumbs	¼ cup chopped onion
	¼ cup chopped celery
	¼ teaspoon salt
	¼ teaspoon pepper

Melt fat. Combine all ingredients. Mix well.

CREAMED GROUND BEEF ON TOAST

VICTORY MENU

SUPPER

Creamed Ground Beef
on Toast
Green Beans and Corn
Potato Salad
Extra Toast
Vanilla Pudding with
Blackberries
Beverage

1 pound meat — Serves 6

1 pound ground beef	6 tablespoons flour
3 tablespoons lard or drippings	3 cups milk
1 onion, grated (omit onion if preferred)	Salt and pepper to taste (depends on fat used)
	6 slices toast

Brown meat in its own fat in pan on top of range, stirring frequently. Cook slowly so as not to harden the meat. Make sauce in another pan or kettle by melting the fat and cooking the onion in it; blend flour thoroughly with fat and onion. Add the milk to the fat and flour mixture, stirring gradually and bring to the boiling point. Add seasonings. Pour sauce over browned meat and simmer (not boil) until meat is tender. Add more salt and pepper if necessary.

Chopped green pepper and a teaspoon of Worcestershire Sauce may be added to sauce and simmered with the meat if desired.

Serve over toast.

This amount of meat may be extended to make 8 servings by increasing the milk to 4 cups and the flour to 8 tablespoons; 4 tablespoons of meat drippings will be needed.

TOPSY TURVY MEAT PIE

VICTORY MENU

SUPPER

Topsy Turvy Meat Pie
Shoestring Potatoes
Carrot Strips - Celery
Jelled Fruit Salad
Chocolate Cake
Coffee

1 pound meat — Serves 6

1 pound ground beef	½ teaspoon pepper
1 cup sliced onion	1 teaspoon salt
2 tablespoons lard	1 can tomato soup
¼ teaspoon celery seed	1 cup milk

Biscuit Mix

Add meat to onion which has been browned in lard. Cook until brown and crumbly but not hard. Add seasonings and tomato soup and simmer until thick. Add milk to Biscuit Mix and stir well. Pour over hot meat. Bake in a hot oven (450° F.) for 20 minutes. Turn out onto chop plate. Cut in wedges.

Biscuit Mix

1⅓ cups flour	¾ teaspoon salt
2½ teaspoons baking powder	⅓ cup lard

Sift flour once, measure and sift again with baking powder and salt. Cut in lard until mixture has fine even crumb.

NAVY BEAN SOUP

VICTORY MENU

DINNER

Navy Bean Soup
Sliced Beef Brisket
Carrot Stuffed Celery
Raw Spinach
Crackers - Butter
Lime Sherbet
Beverage

2 pounds meat — Serves 8

1 cup navy beans	Parsley leaves
2 pounds beef brisket	Celery leaves
2 quarts water	1 cup chopped celery
1 tablespoon salt	3 medium onions
1 No. 2½ can tomatoes	

Wash and soak beans overnight. Wipe meat with a damp cloth. Cover with water and bring to a boil. Skim, add salt, drained beans, parsley and celery leaves which have been tied in a bunch. Simmer for two hours. Add celery, sliced onions and tomatoes. Continue cooking until beans are tender. The meat may be sliced and served with soup, or at a later meal.

FRICADILLOES

VICTORY MENU

DINNER

Fricadilloes
Creole Corn
Lima Beans
Tomato Salad
Bread - Butter
Hot Gingerbread
Milk

1½ pounds meat — Serves 8

1 pound ground beef	1½ teaspoons salt
½ pound ground pork	1 teaspoon pepper
1 cup mashed potatoes	½ cup dry bread crumbs
¼ cup milk	2 tablespoons lard
3 eggs	2 tablespoons water

Combine beef, pork, potatoes and milk. Add beaten eggs and seasonings. Mix well. Shape into small rolls about 1x2½ inches. Roll in bread crumbs. Brown in lard. Add water. Cover and simmer for 1 hour.

THERE'S NO SUBSTITUTE FOR MEAT

Basic Beef Recipes

STANDING RIB ROAST OF BEEF

VICTORY MENU

4 pounds meat — Serves 8

DINNER

Standing Rib Roast
of Beef
Baked Onions
Frenched Green Beans
Tomato Salad
Popovers - - Butter
Orange Chiffon Pie
Beverage

Have meat retailer remove the short ribs and separate the backbone from the ribs by sawing lengthwise, at right angles to the ribs. Season with salt and pepper. Place meat in roasting pan with fat side up. Insert meat thermometer so that the bulb reaches center of roast. Do not cover roast and do not add water. Roast in a slow oven

(300° F.) to desired degree of doneness. The meat thermometer will register 140° F. for rare roast, 160° F. for medium roast, and 170° F. for well-done roast. Allow 18 to 20 minutes to the pound for a rare, 20 to 25 minutes to the pound for a medium, and 27 to 30 minutes to the pound for a well-done roast.

POT-ROAST WITH TOMATO GRAVY

VICTORY MENU

4 pounds meat — Serves 12

DINNER

Pot-Roast with Tomato
Gravy
Onions and Carrots
Rye Toast - Butter
Cherry Tarts
Beverage

4-5 pounds blade pot-roast	Salt and pepper
4 tablespoons lard	1 No. 2 can tomatoes
1 clove garlic	4 tablespoons flour
½ teaspoon thyme	6 slices rye bread
½ cup vinegar	Boiled onions
1 cup water	Boiled carrots

Brown pot-roast in hot lard. Add garlic (in one piece), thyme, vinegar and one-half cup water. Season. Cover and cook slowly for 2 hours. Add tomatoes and simmer about 1 hour longer. When meat is tender, remove to hot platter. Remove garlic. Make paste of flour and remaining water and thicken the gravy. Serve with rye toast dipped in gravy, and boiled onions and carrots.

BROILED SIRLOIN STEAK

VICTORY MENU

2 pounds meat — Serves 6

DINNER

Broiled Steak
Grilled Tomatoes and
Onion Slices
French Fried Potatoes
Tossed Green Salad
Parkerhouse Rolls
Butter
Chilled Melon
Coffee

Have sirloin steak cut thick, at least one inch. Set regulator to broil. Place steak on rack. Insert broiler pan and rack so that the top surface of a one-inch steak will be two inches from the source of heat. If this distance must be less, reduce the temperature accordingly. When one side is nicely browned, season with salt and pepper, turn, and

finish cooking the second side. Season second side, and serve immediately. Steaks cut one-inch thick require fifteen to twenty minutes for broiling.

MEAT — CENTER OF VICTORY MEALS

Extender Recipes for **VEAL**

VEAL STEW

VICTORY MENU

DINNER

Veal Stew
 Cranberry, Orange,
 Nut Salad
 Bread - Butter
 Baked Custard
 Beverage

2 pounds meat — Serves 6

2 pounds veal shoulder	3 pieces celery
2 tablespoons lard or drippings	1 green pepper
3 medium sized onions	1 No. 2 can tomatoes
2 pounds green beans	Salt and pepper

Cut veal in one-inch cubes. Brown cubes on all sides in hot fat. Add whole onions and green beans, celery cut in four-inch pieces, the green pepper cut in eighths and the canned tomatoes. Season. Cook slowly until the meat is tender and the vegetables done. Finish cooking uncovered to allow for evaporation. Make a paste of flour and water and thicken the liquid. The gravy may be poured over the stew or served separately. Serve stew with boiled rice.

MONTANA VEAL BIRDS

VICTORY MENU

DINNER

Montana Veal Birds
 Potato Balls
 Glazed Carrots
 Jellied Vegetable Salad
 Bread - Butter
 Cream Pie
 Beverage

2 pounds meat — Serves 8

2 pounds veal steak or cutlets	½ teaspoon nutmeg
8 slices white bread	Salt
3 tablespoons butter	Pepper
2 tablespoons grated onion	Flour
Dash sage	Fat
	Water

Wipe thinly steaked veal, remove bone and trim. Cut in pieces 4 inches long and 2 inches wide. Make a stuffing as follows: Dry and toast the bread in a slow oven or use bread several days old. Crush fine and add melted butter and seasonings. If the mixture is not moist enough to hold together when squeezed between

the fingers, add a very small amount of water. Do not have the dressing too moist as that will make it soggy. To make birds, spread mixture thinly on center of each piece of veal. Roll individually and fasten with toothpicks. Sprinkle with salt and pepper, dredge with flour and brown in hot fat. Add a small amount of water and cover tightly. Reduce heat and cook either on surface of range or in a moderate oven (350° F.) for 45 minutes or until meat is tender.

VEAL LOAF WITH MUSHROOM SAUCE

1 pound cooked meat and $\frac{1}{8}$ pound bacon — Serves 8

VICTORY MENU

DINNER

Veal Loaf with
Mushroom Sauce
Baked Potatoes
Rutabaga Souffle
Orange Salad
Bread . . Butter
Fig and Honey Bars
Coffee

2 cups chopped
cold veal

2 cups cracker crumbs

1 pimienta, chopped

1 small green pepper,
chopped

3 eggs

Salt and pepper

Meat broth or milk

3 slices bacon

Combine meat, cracker crumbs, pimienta, green pepper and well beaten eggs, and season. Add enough liquid to make very moist. Pour into loaf pan lined with bacon slices and bake at 350° F., for 30 minutes. Serve with Mushroom Sauce or left-over gravy.

Mushroom White Sauce

4 tablespoons butter

$\frac{1}{2}$ teaspoon salt

6 tablespoons flour

1 can condensed

2 cups milk

mushroom soup

Melt butter and add flour. Add milk slowly, stirring constantly until thick. Add salt and mushroom soup. Heat thoroughly.

Montana Veal Birds

Attractive,

Tender

and

Delicious,

Too



Basic Veal Recipes

VICTORY MENU

DINNER

Roast Veal Roll
Pan Gravy
Brolled Peach Halves
Stuffed Potatoes
Peas and Cauliflower
Radishes Pickles Olives
Parkerhouse Rolls
Plum Jelly
Chocolate Clifton Pie
Coffee

ROAST VEAL ROLL

3 pounds meat — Serves 12

3 to 4 pounds veal roll (boned and rolled shoulder, covered with fat and tied into long, even roll, which can be cut off in any size roast desired)

Salt and pepper

Season roast and place on rack in an open pan. Insert meat thermometer so that the bulb is in center of roast. Do not cover roast and do not add water. Place in slow oven (300° F.) and roast until meat thermometer registers 170° F. Allow 35 to 40 minutes per pound. Make gravy from drippings.

VEAL ROUND ROAST

VICTORY MENU

DINNER

Veal Round Roast
Gravy
Mashed Potatoes
Savory Tomatoes
Raw Spinach with
Bacon Dressing
Bread - - Butter
Cherry Pie
Beverage

3 pounds meat — Serves 12

3 to 4 pounds veal round *Suet*

Salt and pepper

Season roast and place on rack in an uncovered pan. Lay piece of suet on top of roast. Insert meat thermometer so that the bulb is in the center of the thickest part. Do not cover roast and do not add water. Place in a slow oven (300° F.) and roast until thermometer registers 170° F. Allow about 35 to 40 minutes to the pound.

BRAISED VEAL CHOPS WITH LEMON

VICTORY MENU

DINNER

Braised Veal Chops
with Lemon
Creamed Peas over
Steamed Potatoes
Tossed Green Salad
Hot Whole Wheat
Biscuits
Pumpkin Pie
Beverage

1 1/4 pounds meat — Serves 4

<i>4 veal chops</i>	<i>1/8 teaspoon cayenne</i>
<i>2 tablespoons flour</i>	<i>pepper</i>
<i>1/8 teaspoon thyme,</i>	<i>1 teaspoon Worces-</i>
<i>if desired</i>	<i>tershire sauce</i>
<i>1 clove garlic (onion</i>	<i>1 small lemon</i>
<i>may be substituted)</i>	<i>2 tablespoons lard</i>
<i>1 bay leaf</i>	<i>1/2 cup water</i>

Rub frying-pan with cut clove of garlic before melting lard in pan. Season flour with thyme and cayenne pepper. Dredge chops in seasoned flour and brown in hot lard. Place a slice of lemon on each chop. Add bay leaf, Worcestershire sauce and 1/2 cup water. Cover and let simmer for one hour.

Extender Recipes *for* **PORK**

CORN BELT SPAGHETTI

3 pounds fresh pork and $\frac{1}{4}$ pound salt pork — Serves 9

VICTORY MENU

SUPPER

Cornbelt Spaghetti
 Combination Salad
 Bread Sticks - Butter
 Lemon Pie
 Beverage

3 pounds pork shoulder
 steaks

$\frac{1}{4}$ pound salt pork

3 large cloves garlic

2 medium onions

2 No. $1\frac{1}{2}$ cans tomato
 paste

1 No. $2\frac{1}{2}$ can tomatoes

1 No. 2 can button
 mushrooms

or $\frac{1}{2}$ pound fresh
 mushrooms

1 red hot pepper

1 tablespoon salt

1 teaspoon pepper

1 pound spaghetti

Have pork steaks cut 3 to the pound. Dice salt pork and brown with garlic. Mash out as much juice and pulp as possible from the garlic and remove the cloves. Brown the shoulder steaks in this fat. Chop onion and add with remaining ingredients to meat. Cover and simmer for 3 hours or more. Before serving remove the bones from the steaks and cut in 2-inch pieces. Cook spaghetti in a large kettle of boiling salted water until tender, about 10 minutes. Drain. Serve meat sauce over spaghetti.

PORK AND APPLE SALAD

1 pound cooked meat — Serves 8

VICTORY MENU

LUNCHEON

Pork and Apple Salad
 Raisin Toast
 Meringue Shells with
 Ice Cream
 Tea

1 cup celery

$1\frac{1}{2}$ cups diced apple

$1\frac{1}{2}$ cups grated carrots

1 green pepper,
 shredded

1 cup peas

2 cups cooked
 diced pork

Salt

Pepper

Mayonnaise

Cut celery in small pieces. Add apples, carrots, green pepper, peas and pork. Season. Mix with mayonnaise.

MEAT — FINE SOURCE OF IRON

HAM RING

VICTORY MENU

DINNER

Ham Ring
Parslled Potato Balls
Frenched Green Beans
Cauliflower
Peach Pickle Salad
Buns - - Butter
Washington Pie
Beverage

1½ pounds cooked meat — Serves 6

<i>3 cups cooked ground ham</i>	<i>3 tablespoons grated onion</i>
<i>2¼ cups soft bread crumbs</i>	<i>3 eggs</i>
<i>1½ cups milk</i>	<i>1½ tablespoons chopped parsley</i>
<i>¼ teaspoon pepper</i>	

Combine all ingredients with the well beaten eggs. Pour into a well greased ring mold. Place in a pan of hot water and bake in a moderate oven (350° F.) for one hour. Turn onto a hot chop plate and fill center with vegetables.

SPARERIBS AND SAUERKRAUT

VICTORY MENU

SUPPER

Spareribs and Sauerkraut
Sweet Potatoes
Green Salad
French Dressing
Hard Rolls - Butter
Plums and Cream
Beverage

2 pounds spareribs — Serves 6

<i>2 pounds spareribs</i>	<i>4 medium onions, sliced</i>
<i>1 No. 2½ can sauerkraut</i>	<i>½ teaspoon pepper</i>

Cut spareribs into servings. Arrange sauerkraut and onions in a baking pan and cover with spareribs. Add pepper, and enough water to cover the bottom of the pan, if there is not sufficient sauerkraut juice. Cover. Bake in a moderate oven (350° F.) for 1½ to 2 hours or until meat is tender enough to come off the bone. This may also be cooked on the top of the range.

Spareribs and Sauerkraut



A
Real
Favorite
for
Hearty
Appetites

MONDAY LOAF

VICTORY MENU

SUPPER

Monday Loaf
Endive and Tomato
Salad
Hard Rolls - Butter
Baked Chocolate
Pudding
Beverage

1½ pounds cooked meat — Serves 8

3 cups cooked chopped pork	1 green pepper, chopped fine
2 cups diced cooked potatoes	1 cup gravy
1 medium sized onion, grated	Salt and pepper Celery salt to taste

Mix all together, adding milk if too dry. Bake in a moderate oven (350° F.) or brown slowly in a greased skillet on top of range.

STUFFED GREEN PEPPERS

VICTORY MENU

SUPPER

Stuffed Green Peppers
Baked Tomatoes
Cabbage Sections
Bread - - Butter
Apple Crisp
Beverage

1⅓ pound cooked meat — Serves 6

¾ cup ground cooked pork	1 tablespoon grated onion
¼ cup milk or meat stock	1 teaspoon salt
2 cups cooked rice	⅓ teaspoon pepper
½ teaspoon paprika	6 medium sized green peppers

Parboil the green peppers for 5 minutes; remove, and plunge in cold water. Remove the caps and seeds. Mix the remaining ingredients together, stuff the peppers with this. Place in a pan, pour about 1 cup of hot water around the peppers, and bake at 400° F. for 45 minutes, or until the peppers are soft.

LADIES AID SALAD

VICTORY MENU

LUNCHEON

Ladies Aid Salad
Steamed Brown Bread
Butter
Broiled Grapefruit
Beverage

1 pound cooked meat — Serves 12

2 cups diced cooked ham	1 cup chopped celery
1 16-ounce package elbow macaroni, or	¼ cup grated onion
6 cups cooked macaroni	2 teaspoons salt
¼ cup vinegar	½ teaspoon pepper
¼ cup chopped pimiento	½ cup mayonnaise
	Lettuce or greens
	1 tomato

Dice ham. Cook macaroni about 12 minutes and drain. Pour vinegar over macaroni and allow it to stand for 10 minutes. Toss all ingredients together except greens and tomato and chill. Pile salad on crisp greens and garnish with tomato sections.

SPLIT PEA SOUP WITH HAM

VICTORY MENU

SUPPER

Split Pea Soup
Ham Slices
Toasted Buns - Butter
Celery Hearts
Pickle Relish
Chip Ice Cream
Coffee

2 pounds ham hocks — Serves 8

2 cups dried peas	2 small onions
3 quarts water	2 tablespoons butter
2 pound ham seasoning piece	4 tablespoons flour
1 medium sized stalk celery	1 quart milk
	Salt and pepper

Pick over, wash and soak peas over night. Drain off soaking water and add the measured water, ham and celery. Cook slowly for several hours until tender. Gently brown the finely chopped onions in the butter and add the flour. Gradually add the milk, stirring constantly. Add to rest of soup. Season to taste. The soup should be quite thick. Water, soup stock, milk or cream may be added to thin, if desired. Serve slices of ham with soup.

HAM SHANKS AND CABBAGE

VICTORY MENU

DINNER

Ham Shanks and
Cabbage
Boiled Potatoes
Catsup
Cottage Cheese and
Currant Jelly
Graham Muffins
Fresh Fruit
Coffee

2 pounds ham shanks — Serves 6

2 ham shanks	Water
	1 head cabbage

Cover ham shanks with water and simmer $2\frac{1}{2}$ to 3 hours. Add cabbage sections 15 minutes before shanks are done. Save broth for soup stock.

Ham Shanks and Cabbage



Chock-
Full
of
Vitamins
and
Minerals



GET MORE SERVINGS, CONSERVE FOOD

WHEN ROASTING ★



- 1 Season with salt and pepper.
- 2 Place fat side up on rack in open roasting pan.
- 3 Insert meat thermometer.
- 4 Roast in slow oven—300° to 350° F.
- 5 Add no water. Do not cover. Do not baste.
- 6 Roast to desired degree of doneness.

WHEN BROILING ★



- 1 Turn oven regulator to "broil".
- 2 Place meat 2 to 3 inches from heat.
- 3 Broil until top is brown.
- 4 Season with salt and pepper.
- 5 Turn and brown other side.
- 6 Season and serve at once.



Large Cuts — WHEN COOKING



- 1 Cover meat with hot or cold water.
- 2 Season with salt and pepper. Cover kettle tightly.
- 3 Cook slowly. Allow to simmer, not boil.
- 4 Add vegetables, if desired, just long enough before serving to be cooked.

GOOD VALUE BY PROPER MEAT COOKERY



★ WHEN PANBROILING

- 1 Place meat in heavy frying-pan.
- 2 Brown meat on both sides.
- 3 Season with salt and pepper.
- 4 Do not cover. Do not add fat or water.
- 5 Reduce temperature and turn occasionally.
- 6 Pour off fat as it accumulates in pan.



★ WHEN BRAISING

- 1 Season with salt and pepper.
- 2 Brown meat on all sides in hot fat in heavy utensil.
- 3 Add small amount of liquid, if necessary.
- 4 Cover tightly.
- 5 Cook at low temperature until tender.



COOKING IN WATER — Stews ★

- 1 Cut meat in 1 to 2 inch cubes.
- 2 Season with salt and pepper.
- 3 Brown on all sides in hot lard, if desired.
- 4 Cover with water and cover kettle tightly.
- 5 Cook slowly until done. Do not boil.
- 6 Add vegetables just long enough before serving to be cooked.



BROILED FRENCH TOASTWICHES

VICTORY MENU SUPPER

Vegetable Soup
Broiled Toastwiches
Apple Spice Dumplings
Beverage

$\frac{1}{2}$ pound cooked meat — Serves 6

6 thin slices cooked meat
 $\frac{1}{2}$ cup milk
12 slices bread

Use left-over meat or cold cuts. Make into sandwiches. Beat eggs and add milk. Dip sandwiches into egg mixture. Place on hot broiler pan to broil until sandwiches are brown, about 5 minutes. Turn with a wide spatula to brown on second side.

HAM AND CORN FRITTERS

VICTORY MENU

LUNCHEON

Ham and Corn Fritters
Creamed Asparagus
Muffins - Butter
Assorted Fresh Fruits
Tea

$\frac{1}{4}$ pound cooked meat — Serves 4

1 cup cream style
canned or fresh
cooked corn
 $\frac{1}{2}$ cup ground boiled
ham
1 tablespoon minced
onion
 $\frac{2}{3}$ cup flour
 $1\frac{1}{2}$ teaspoons baking
powder

Lard

Mix corn, ham and onion. Sift flour and baking powder together and add to corn mixture. When all is well blended, drop by teaspoonfuls into deep hot lard at 375° F. Drain well on soft paper. Serve with well seasoned cream sauce or tomato sauce. Corned beef may be used in place of the ham.

HAM LOAF IN CIDER JELLY

VICTORY MENU

LUNCHEON

Ham Loaf in Cider
Jelly
Spinach Souffle with
Cream Sauce
Julienne Carrots
Black Olives
Celery Curis
Melba Toast
Strawberry Whip
Coffee

$\frac{1}{2}$ pound cooked meat — Serves 8

$\frac{1}{2}$ cup raisins
2 cups cider
2 whole cloves
2 tablespoons brown
sugar
 $\frac{1}{4}$ teaspoon salt
1 package lemon
flavored gelatin
1 cup baked ham cut
in small cubes or
slices

Soak raisins in cider until plump; add cloves, sugar and salt and bring to boiling point. Pour over gelatin and stir until entirely dissolved. Remove cloves and chill. When it begins to thicken add the ham. Mold in loaf pan and chill until firm. Serve in slices.

MEAT MAKES MANPOWER

PORK PATTIES

VICTORY MENU

DINNER

Pork Patties
Mashed Sweet Potatoes
Red Cabbage—
Sour Sauce
Celery Hearts
Bread - - Butter
Peach Pie
Beverage

1 pound meat — Serves 6

1 pound ground pork	½ teaspoon pepper
½ clove garlic	¼ teaspoon nutmeg
2 tablespoons water	1 egg
½ cup chopped parsley	2 tablespoons lard or
1 cup cooked rice	drippings
1 teaspoon salt	

Have meat retailer grind pork shoulder. Cut garlic finely into water. Soak one hour. Strain. Combine garlic liquid with all ingredients except the drippings. Drop by tablespoonfuls into hot drippings. Brown on both sides. Cover and cook slowly 20 minutes. Uncover last few minutes to crisp.

HOT PORK MOLD

VICTORY MENU

DINNER

Hot Pork Mold
Buttered Potato Balls
Spinach
Vegetable Salad
Bread - - Butter
Chocolate Ice Cream
Beverage

1 pound meat — Serves 6

1 pound ground pork	1 teaspoon onion juice
shoulder	1 teaspoon salt
½ cups fine cracker	½ teaspoon paprika
crumbs	Green pepper
½ cups milk	Pimiento, if desired

Combine meat and cracker crumbs. Mix with the remaining ingredients. Line a buttered ring mold with strips of pimiento and green pepper. Pack meat mixture carefully into mold and place in a pan of hot water. Bake in a moderately hot oven (375° F.) for 1½ hours.

Hot Pork Mold



A
Festive
Way
to
Serve
Ground
Pork

Basic Pork Recipes

ROAST LOIN OF PORK

VICTORY MENU

DINNER

Roast Loin of Pork
Baked Sweet Potatoes
Glazed Onions
Spinach Salad
Biscuits - - Butter
Cream Puffs
Beverage

5 pounds meat — Serves 12

Have the meat retailer separate the backbone from the ribs by sawing lengthwise, at right angles to the ribs. Season with salt and pepper and place in an open roasting pan with the rib ends down. Insert a meat thermometer so that the bulb is in the center of the largest part. Roast

in a moderate oven (350° F.) until the meat thermometer registers 185° F. when the roast will be done. Allow about 30 minutes per pound for roasting.

BREADED PORK TENDERLOIN

VICTORY MENU

DINNER

Breaded Pork
Tenderloin
Fried Apples
Boiled Potatoes
Cabbage and Carrot
Salad
Bread - - Butter
Ice Cream
Beverage

1 pound meat — Serves 4

1 pound pork tenderloin	1 egg
1 teaspoon salt	2 tablespoons water
$\frac{1}{8}$ teaspoon pepper	or milk
$\frac{1}{2}$ cup bread crumbs	Meat drippings

Cut tenderloin into 2-inch sections. Flatten. Season with salt and pepper. Dip in crumbs, slightly beaten egg, diluted, and again in crumbs. Let stand in refrigerator for fifteen minutes. Brown on both sides in hot drippings. Cover and cook slowly for thirty minutes.

BROILED HAM

VICTORY MENU

DINNER

Broiled Ham
Pan Gravy
Candied Sweet Potatoes
Peas and Parsnips
Celery Cabbage Salad
Bread - - Butter
Grapefruit
Beverage

1 pound meat — Serves 4

Select ham cut one-half inch thick. Butterfly ham slices cut from the butt end of the ham are a good choice. Slash the fat edge of ham slice. Turn broiler regulator to broil, and place ham on center of broiler rack; place in broiler so that top of ham is about three inches from the source of heat. If distance must be less, reduce the heat

so as to broil at moderate temperature. Brown on top side, turn and brown second side. It will take about 5 to 7 minutes to a side to broil a slice one-half inch thick. A slice one-inch thick will require 20 to 30 minutes to broil.

MEAT BUILDS HEALTH

Extender Recipes for **LAMB**

LAMB PATTY BROILER MEAL

VICTORY MENU

DINNER
 Lamb Patty Broiler
 Meal
 Creamed Potatoes
 Green Beans
 Cabbage and Apple
 Salad
 Bread - - Butter
 Lemon Pie
 Beverage

1½ pounds meat — Serves 6

1½ pounds ground lamb	2 tablespoons catsup
1½ teaspoons salt	1 egg
⅛ teaspoon pepper	1 cup milk
⅓ teaspoon mace	1 No. 2 can green string beans
½ cup rye bread crumbs	Au Gratin or creamed potatoes

Combine lamb, seasonings, crumbs, catsup, egg and milk. Mix well and allow to stand for 2 hours. Arrange cooked green beans, either left-overs or canned, in one-half of heated broiler pan with potatoes or a second cooked vegetable in other half. Place broiler rack over vegetables. Shape meat into large patties. Place on broiler rack. Arrange in broiler so that the top of the meat will be about 3 inches from the source of heat. Broil on one side until nicely browned, about 20 minutes. Turn and broil on second side, about 8 to 10 minutes. Serve immediately on hot plates.

SCOTCH PANCAKES

VICTORY MENU

BREAKFAST
 Two Tone Cocktall
 Scotch Pancakes
 Toast
 Coffee

1 pound cooked meat — Serves 6

2 cups cooked oatmeal	Salt
2 cups ground cooked lamb	Pepper
2 eggs	2 tablespoons lard or drippings

Combine oatmeal, meat, eggs and seasonings. Mix thoroughly. Fry cakes, using one tablespoonful of mixture for each, in small amount of hot fat. Serve with tomato sauce.

STEAMED LAMB LOAF

VICTORY MENU

DINNER

Steamed Lamb Loaf
with Olive Sauce
Browned Onions
Scalloped Potatoes
Bread . . Butter
Prune Whip
Beverage

3 pounds meat — Serves 12

3 pounds ground lamb	1 tablespoon salt
3 cups moist bread crumbs	6 tablespoons chopped onion
4 teaspoons prepared mustard	3 tablespoons melted butter
1 tablespoon Worcestershire sauce	Small onions or green beans

Combine all ingredients. Mix well. Pack into a 2-quart pan and turn out on rack. Pour 1 cup water into large kettle. Lower rack with molded lamb into kettle. Cover tightly and steam 2 hours. One-half hour before meat is done add small whole onions or green beans and continue cooking. Serve with Olive Sauce.

Olive Sauce

3 tablespoons butter	1 cup cooked peas
3 tablespoons flour	Salt
2 cups milk	Paprika
6 tablespoons sliced stuffed olives	1 tablespoon chopped green pepper
1 tablespoon Worcestershire sauce	

Melt butter and add flour. Add milk gradually, stirring constantly until thickened. Add remaining ingredients and cook slowly 5 minutes. Serve hot on Steamed Lamb Loaf.

SOUTHERN HASH

VICTORY MENU

SUPPER

Southern Hash
Chef's Salad
Toasted Bread - Butter
Burnt Sugar Cake
Beverage

1 pound cooked meat — Serves 6

2 cups chopped cooked lamb	1 cup meat stock
4 or 5 raw potatoes	4 tablespoons lard or drippings
2 medium sized onions	Salt
1/2 cup tomatoes	Pepper

Put vegetables through a food chopper. Melt the fat in a frying-pan and add the vegetables with stock and cook until the potatoes are done, stirring occasionally to prevent sticking. Then add chopped meat and season well with salt and pepper. Serve hot.

ARMENIAN PIRAGS

VICTORY MENU

SUPPER

Armenian Pirags
Creamed Peas
Stuffed Squash
Orange and Onion
Salad
French Bread - Butter
Scones
Tea

1 pound cooked meat — Serves 6

2 cups left-over lamb $\frac{1}{2}$ teaspoon salt
2 tablespoons grated onion Gravy or top milk
1 tablespoon bacon 1 egg
drippings Milk
 $\frac{1}{2}$ teaspoon marjoram Biscuit Mix

Grind left-over lamb. Brown onion in fat. Add meat, seasonings and enough gravy or milk to moisten. Break egg into cup and add enough milk to half fill; combine with Biscuit Mix. Roll to one-eighth inch thickness and cut in eight squares 6 x 6 inches. Pile meat mixture on one side of each square. Fold dough over meat and press edges together. Cut holes in top and brush with egg and milk. Bake in a hot oven (425° F.) about 30 minutes. Serve with Creamed Peas.

Biscuit Mix

$1\frac{2}{3}$ cups flour $\frac{3}{4}$ teaspoon salt
 $2\frac{1}{2}$ teaspoons baking powder $\frac{1}{3}$ cup lard

Sift flour once, measure and sift again with baking powder and salt. Cut in lard until mixture has fine even crumb.

MEAT FRITTERS

VICTORY MENU

LUNCHEON

Meat Fritters
Sliced Cranberry Jelly
Scalloped Egg Plant
Bread - Butter
Fresh Fruit Plate
Beverage

1 pound cooked meat — Serves 6

Left-over lamb Lard for deep fat
Flour frying
Fritter batter

Cut left-over roast lamb, veal or pork into slices or strips about one-half inch thick. Dredge with flour, dip in batter and drop into deep hot lard (365° F.) Fry until batter is cooked and nicely browned. Serve with cream sauce.

Fritter Batter

1 cup flour 1 egg
 $\frac{1}{2}$ teaspoon salt $\frac{1}{3}$ cup milk
1 teaspoon baking powder 2 teaspoons melted lard

Sift flour. Measure and sift again with dry ingredients. Beat eggs, combine with milk and add gradually to dry mixture. Stir until batter is smooth. Add lard. This is enough batter to cover meat for six servings.

MAKE THE MOST OF MEAT

ECONOMY CROWN OF LAMB

3 pounds lamb and 1/2 pound sausage — Serves 8

VICTORY MENU

DINNER

Economy Crown
of Lamb
Buttered Peas and
Cauliflower
Hard Rolls - Butter
Blueberry Pie
Beverage

2 lamb breasts
Salt and pepper
Water

4 tablespoons flour
1 tablespoon Worces-
tershire sauce

Have meat retailer remove breast bones from lamb breasts. Trim edges to make rectangular pieces. Fold lean sides of both breasts at right angles to rib section to make a bottom in the crown. Sew sections together with the ribs on the outside. Season with salt and pepper. Fill with Rice Dressing. Place on a rack in a large kettle over water to cover bottom of pan. Cover and simmer until meat is tender, about 2½ hours. Remove crown to hot platter. Add enough water to the liquid in kettle to make 2 cups. Mix flour with one-half cup cold water. Add to hot liquid, season with Worcestershire sauce and additional salt and pepper, if necessary. Cook gravy, stirring constantly, until thick and smooth.

Rice Dressing

1 cup uncooked rice	2 tablespoons chopped
½ pound bulk pork	parsley
sausage	1½ teaspoons salt
2 tablespoons grated	⅛ teaspoon pepper
onion	Meat Stock

Cook rice in boiling salted water for 10 minutes. Drain and rinse. Brown sausage and onion in skillet. Add partially cooked rice with seasonings and enough meat stock to make slightly moist.

Economy Crown of Lamb

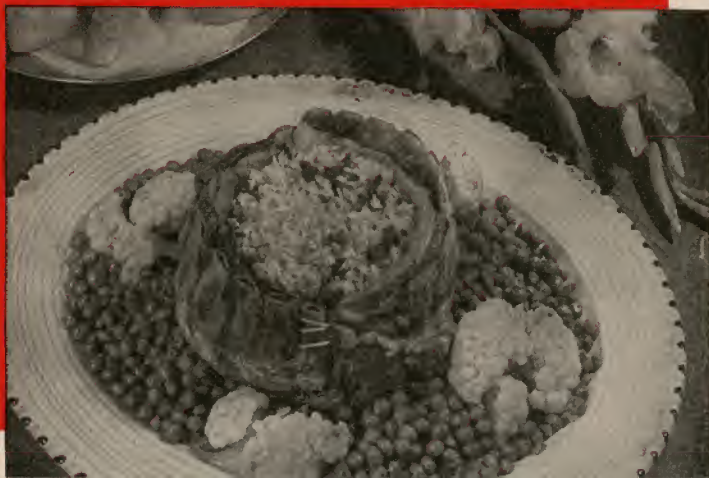
A

Budget

Dish

with

Style



SCOTCH SOUP

VICTORY MENU

LUNCHEON

Scotch Soup
Raw Spinach and
Cauliflower Salad
Crackers - Butter
Baked Custard
Beverage

1½ pounds lamb neck — Serves 8

1½ pounds lamb neck	2 tablespoons rice or
1 quart cold water	barley
2 potatoes	Salt and pepper to
2 onions	taste

Cut the lamb from the bones and place with bones in a stew kettle with the cold water. Cook slowly for several hours. One hour before serving, remove the bones, add the sliced potatoes, onions, rice or barley and seasonings. Thicken with a little flour combined with cold water, if desired. Slices of carrot and a stalk of celery may be added.

TASTY LAMB STEW

VICTORY MENU

SUPPER

Tasty Lamb Stew
Cranberry Relish
Whole Wheat Rolls
Butter
Brown Betty
Milk

2 pounds meat — Serves 8

2 pounds lamb stew	½ cup tomato juice
meat	8 potatoes
2 tablespoons lard	4 parsnips
2 teaspoons salt	8 whole carrots
½ teaspoon pepper	8 pieces celery
2½ cups water	6 sprigs parsley
1 onion	2 tablespoons flour

Brown meat in lard. Season, add water, onion and tomato juice. Cover and simmer 1 hour or until meat is nearly done. Prepare vegetables. Cut potatoes

Tasty Lamb Stew



Old
Fashioned
Stew
for
Economy,
Variety

in half and quarter the parsnips. Add all vegetables to stew. Sprinkle with remaining seasonings. Cover and simmer until vegetables are done, about 45 minutes. Pile meat and vegetables on chop plate. Make a paste with flour and small amount of water. Use to thicken gravy. Serve gravy separately.

GREEN PEPPER RING LAMB LOAF

VICTORY MENU

DINNER

Green Pepper Ring
Lamb Loaf
Scalloped Potatoes
Browned Onion Slices
Muffins - Butter
Tomato Salad
Apricot and Orange Pie
Milk or Coffee

1½ pounds meat — Serves 6

1½ pounds ground lamb	⅛ teaspoon pepper
1½ cups bread crumbs	2 tablespoons chopped
1 cup milk	parsley
3 tablespoons grated	1 small bay leaf
onion	¾ cup cooked rice
1 cup cooked peas	1 egg
1½ teaspoons salt	4 small green peppers

Buy lamb from the shoulder, breast or shank for grinding. Soak bread crumbs in milk. Add onion, peas, salt and pepper, chopped parsley and finely crumbled bay leaf. Mix thoroughly. In a separate bowl combine the cooked rice, egg, and salt and pepper to season. Remove seeds and membrane from peppers. Parboil pepper cases about 5 minutes or until tender. Drain, rinse with cold water, and fill with rice mixture. Line the bottom of a loaf pan (5 x 9 inches) with waxed paper. Pack a one-fourth inch layer of meat mixture into loaf pan. Arrange stuffed peppers at even intervals on meat and pack remaining meat around peppers to make a firm loaf. Bake in a moderate oven (350° F.) for 1½ hours.

Green Pepper Ring Lamb Loaf

There's

a

Surprise

In

Each

Slice



Basic Lamb Recipes

AMERICAN STYLE LEG OF LAMB ROAST

VICTORY MENU

DINNER

Leg of Lamb Roast
Grilled Stuffed Peach
Halves
Parslled Potatoes
Brussel Sprouts
Bran Rolls - Jelly
Lbme Gelatin
Fruit Mold
Coffee

5-pound leg — Serves 12

Do not have the fell removed. Season with salt and pepper and place meat, skin side down, on a rack in an open pan. Insert a meat thermometer so that the bulb reaches the center of the thickest part. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the desired degree of doneness is reached. If a meat thermometer is

used, it should register 175° F. for medium-done lamb and 180° F. for well-done lamb. Allow approximately 30 to 35 minutes per pound.

BRAISED LAMB SHANKS

VICTORY MENU

DINNER

Braised Lamb Shanks
Gravy
Steamed Rice
Buttered Carrot Strips
Head Lettuce—Thousand Island Dressing
Cloverleaf Rolls
Mint Jelly
Whipped Gelatin with
Shredded Cocoanut
Beverage

3 pounds meat — Serves 6

3 lamb shanks	1 onion
(1 pound shanks)	Salt and pepper
Flour	1 teaspoon curry powder, if desired
2 tablespoons lard	Water
1 bay leaf	

Roll lamb shanks in flour and brown in hot lard. Add seasonings. Add a small amount of water and cover. Cook slowly on top of range or in a slow oven (300° F.) for about one and one-half to two hours, or until the shanks are tender, adding more water if needed. Remove shanks to hot platter, and take out the bay leaf and onion. Thicken the liquid for gravy, add curry powder if desired.

BROILED LAMB CHOPS

VICTORY MENU

QUICK SUPPER

Broiled Lamb Chops
Plum Jelly
Hashed Brown
Potatoes
Tomato and Green
Pepper Slices
Bread - Butter
Hot Apple Brown Betty
Cream
Beverage

2 pounds meat — Serves 6

Select shoulder chops cut three-fourths to one-inch thick. Have regulator set for broiling. Place the chops so that there is a distance of about two inches between the top of chops and source of heat. If the distance must be less, reduce the temperature accordingly so that the chops will broil at a moderate temperature. When chops are

browned on one side, season with salt and pepper, turn and finish the cooking on the second side. Season. Chops one-inch thick require about 15 minutes.

★ *Extender Recipes* ★ for **VARIETY MEATS**

TONGUE ROLLS FLORENTINE

VICTORY MENU

1 pound tongue — Serves 8

DINNER

Tongue Rolls
Florentine
Parslled Potato Balls
Jellied Lime Salad
Bread - Butter
Floating Island
Beverage

16 slices boiled tongue	$\frac{1}{8}$ teaspoon pepper
2 pounds spinach	1 tablespoon flour
2 tablespoons melted butter	4 tablespoons grated horseradish
1 teaspoon salt	1 cup top milk

The tongue slices should be one-eighth inch thick and unbroken. Carefully wash spinach. Remove stems and cook covered with only the water which clings to the leaves. Cook only until leaves wilt. Drain well. Chop fine. Add melted butter and seasonings. Place a spoonful of spinach on each slice of tongue. Roll and fasten with a wooden pick. Place in a greased casserole. Combine flour, horseradish and milk and pour over tongue. Cover. Cook in moderately hot oven (400° F.) for 20 minutes.

LIVER LOAF

1½ pounds liver and 2 slices bacon — Serves 8

VICTORY MENU

DINNER

Liver Loaf
O'Brien Potatoes
Broccoli
Coleslaw
Hard Rolls - Butter
Grapefruit
Beverage

1½ pounds liver	$\frac{1}{8}$ teaspoon pepper
2 slices bacon	$\frac{1}{2}$ teaspoon marjoram
1 medium onion	1 cup cracker crumbs
2 eggs	1½ cups liquid
1 teaspoon salt	$\frac{1}{2}$ cup catsup

Wash liver in cold water. Cook slowly 5 minutes in water to cover. Reserve liquid. Put liver through food chopper with bacon and onion. Add all other ingredients except the catsup. Tomato juice, milk, bouillon or liquid in which the liver was cooked may be used for moisture. Mix thoroughly. Pour the catsup into a well greased loaf pan. Pack meat mixture over catsup. Bake in a moderate oven (350° F.) for 1 hour.

MEAT WILL HELP WIN THE WAR

BREADED SWEETBREADS

$\frac{1}{2}$ pound sweetbreads — Serves 4

VICTORY MENU

LUNCHEON

Breaded Sweetbreads
Biscuits - Jelly
Green Bean and
Onion Salad
Fresh Fruit and
Cheese
Beverage

2 pairs sweetbreads
Water
1 egg, beaten
Bread Crumbs
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
2 tablespoons drippings



Remove membrane from sweetbreads. Simmer 20 minutes in water to which one teaspoon of salt and one tablespoon of vinegar have been added for each quart of water used. Drain and plunge into cold water. Roll in egg, diluted, and bread crumbs, and season with salt and pepper. Brown in hot drippings.

TONGUE WITH CARROTS IN SPINACH NESTS

4 pounds tongue — Serves 12

VICTORY MENU

DINNER

Tongue with Carrots
In Spinach Nests
Raisin Sauce
French Fried Potatoes
Cottage Cheese Salad
Bread - Butter
Blackberry Dumplings
Beverage

1 fresh beef tongue
Water
2 teaspoons salt
1 No. 2 $\frac{1}{2}$ can spinach or
3 $\frac{1}{2}$ cups cooked
spinach
2 cups cooked diced
carrots



Cover tongue with water and add salt. Cover. Allow to simmer about one hour to the pound, or until tender. Remove from water and skin. Serve hot. Arrange nests of hot spinach and carrots on platter around tongue.

KIDNEY LOAF

1 pound kidney — Serves 8

VICTORY MENU

DINNER

Kidney Loaf
Creamed Potatoes
Buttered Zucchini
Bread - Butter
Baked Apple
Beverage

1 pound beef kidney
1 cup milk
8 slices bread
 $\frac{1}{4}$ cup bacon drippings or
butter
2 eggs
1 green pepper, minced
1 $\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
3 tablespoons grated onion
 $\frac{1}{2}$ teaspoon powdered sage



Wash the kidney in cold water. Drain well and grind, including the internal fat. Pour milk over bread and soak. Combine all ingredients and mix thoroughly. Pack firmly in loaf pan. Bake in a moderate oven (350° F.) for 1 $\frac{1}{2}$ hours.

MEAT — IMPORTANT FOR PHOSPHORUS

LIVER SPOON CAKES

1 pound liver — Serves 6

VICTORY MENU

DINNER

Liver Spoon Cakes
French Fried Potatoes
Beet Greens
Cranberry Salad
Bread - Butter
Date Pudding
Beverage

1 pound sliced liver
Boiling water
1 onion
6 crackers
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
2 tablespoons milk
2 eggs
 $\frac{1}{4}$ cup lard or bacon
drippings



Drop liver into boiling water and allow to stand for 5 minutes. Drain. Put through food chopper with onion and crackers. Add seasonings, milk and beaten eggs. Mix thoroughly. Drop into hot drippings by tablespoonfuls. Brown thoroughly on one side. Turn and brown on second side until crisp.

BRAISED PORK LIVER WITH VEGETABLES

VICTORY MENU

DINNER

Braised Liver with
Vegetables
Hard Rolls - Butter
Fruit Salad
Butterscotch Pudding
Beverage

1 pound liver — Serves 4

1 pound sliced pork liver	2 carrots
2 tablespoons flour	6 potatoes
$\frac{3}{4}$ teaspoon salt	1 medium onion
$\frac{1}{8}$ teaspoon pepper	1 cup tomato juice
4 tablespoons meat drippings	1 cup boiling water

Wash liver, dry and dredge with mixture of flour, salt, and pepper. Brown in hot drippings. Clean and dice vegetables. Remove liver from drippings and add vegetables. Brown vegetables and add liver, tomato juice, and water. Cover and allow to simmer $1\frac{1}{2}$ hours. Thicken gravy if desired.

CREAMED BRAINS ON TOAST

1 pound brains — Serves 4

VICTORY MENU

LUNCHEON

Creamed Brains
on Toast
Brussel Sprouts
Spiced Fruit
Extra Toast
Florentine Squares
Beverage

1 pound brains
Water
4 tablespoons butter or
meat drippings
4 tablespoons flour
2 cups milk
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
4 slices toast



Remove membrane from brains. Simmer 20 minutes in water to which one teaspoon of salt and one tablespoon of vinegar have been added for each quart of water used. Drain and plunge into cold water. Melt fat and stir in flour. Add milk, salt and pepper and cook until thick, stirring constantly. Break brains into small pieces and add to cream sauce. Serve hot on toast.

MEAT — RICH IN PROTEIN

BRAISED HEART WITH STUFFING

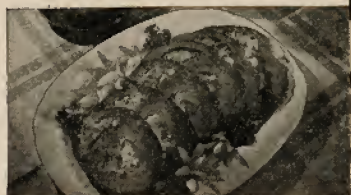
4 pounds heart and 2 slices bacon — Serves 12

VICTORY MENU

DINNER

Braised Heart with
Dressing
Harvard Beets
Celery Croquettes
Watercress Salad
Peach Gobbler
Beverage

1 beef heart
Salt and pepper
Bread stuffing
2 tablespoons lard
Water



Wash heart and remove hard parts. Season. Fill with stuffing and sew. Brown in hot lard. Add $\frac{1}{2}$ cup water. Cover and cook slowly for about 3 to $3\frac{1}{2}$ hours, or until tender, adding water as needed.

Bread Stuffing

2 slices bacon, chopped	4 slices bread, broken
2 tablespoons chopped onion	coarsely
	1 egg
	Salt and pepper

Brown bacon and onions. Add bread crumbs, beaten egg and seasonings.

BAKED LIVER WITH DRESSING

3 pounds liver and $\frac{1}{4}$ pound salt pork — Serves 12

VICTORY MENU

DINNER

Baked Liver
Creamed Onions
Fried Tomato Slices
Cabbage and Green
Pepper Salad
Bread - - Butter
Hot Apple Pie
Coffee

3 pounds beef liver
Dressing
Salt and pepper
Flour
 $\frac{1}{4}$ pound salt pork, sliced

Buy a chunky piece of liver. Wash and dry well. Cut a pocket in the thickest part. Fill with Dressing. Season. Dredge with flour. Lay slices of salt pork over the liver. Bake uncovered in moderate oven (325° F.) for 2 hours.

Dressing

$\frac{1}{8}$ teaspoon pepper	$\frac{1}{3}$ cup melted butter or
1 teaspoon sage	drippings
Water	3 cups fine bread crumbs
1 tablespoon minced onion	$\frac{1}{2}$ teaspoon salt

Add melted butter or drippings to bread crumbs. Combine remaining ingredients. Add enough moisture to hold crumbs together.

Extender Recipes **For SAUSAGE**

SAUSAGE ONE-DISH MEAL

½ pound sausage — Serves 4

VICTORY MENU

SUPPER

Sausage One-Dish
Meal
Spinach and Tomato
Salad
Peach Halves
Wafers
Tea

½ pound pork sausage links
2 tablespoons water
2 cups milk
1½ teaspoons salt
½ cup cornmeal
½ cup shredded bran
5 eggs



Place sausage links in cold skillet. Add water, cover and cook until water has evaporated. Remove cover, increase heat and cook until links are browned. Heat milk and add salt. Add cornmeal gradually and cook, stirring until thick. Add the shredded bran and spread mixture in the bottom of a round 8-inch buttered casserole. Arrange browned sausage links on top of the cornmeal mixture like the spokes of a wheel. Carefully break eggs between the links. Cover and place in hot oven (400° F.) for 10 minutes or until eggs are cooked.

SAUSAGE 'n' SQUASH

1 pound sausage — Serves 8

VICTORY MENU

SUPPER

Sausage 'n' Squash
Creamed Onions
Buttered Peas
Cornbread - Butter
Apricots
Beverage

1 pound bulk pork sausage
4 Acorn squash
Salt and pepper



Divide the sausage into 8 patties. Wash the squash. Split lengthwise, remove seeds, sprinkle with salt and pepper and fill with sausage patties. Place on a flat baking pan and bake in a moderate oven (375° F.) for 1 to 1½ hours or until done.

SAUSAGE WITH PANCAKES

VICTORY MENU

BREAKFAST

Assorted Fresh Fruits
Sausage with Pancakes
Sirup
Coffee
Hot Chocolate

1 pound sausage

Serves 6

*1 pound sausage
2 tablespoons water
Pancakes
Sirup*



Shape sausage into 6 patties. Place in cold skillet. Add water, cover and simmer until water evaporates. Remove cover, increase the heat and cook until sausage is browned. Serve with pancakes and sirup.

Pancakes

<i>2 beaten eggs</i>	<i>1 teaspoon salt</i>
<i>2 cups milk</i>	<i>4 teaspoons baking powder</i>
<i>2 tablespoons lard</i>	<i>2 tablespoons sugar</i>
<i>3 cups flour</i>	

Combine eggs, milk and melted lard. Add flour sifted with salt, baking powder and sugar. Beat smooth. Makes 12 to 15 cakes.

SAUSAGE LINK LOAF

VICTORY MENU

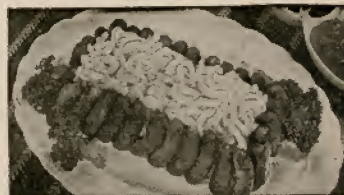
LUNCHEON

Sausage Link Loaf
Buttered Peas
Fresh Fruit Salad
Celery Seed Dressing
Rolls - Butter
Lemon Ice
Coffee

2 pounds sausage

Serves 8

*2 pounds small sausage links
2 tablespoons water
4 cups cooked elbow macaroni
2 cups Cheese Sauce*



Place sausage links in cold skillet. Add water, cover and cook until water evaporates. Remove cover, increase the heat and cook until links are browned. Line bottom of a loaf pan (5 x 9 inches) with waxed paper. Stand the links around the inside of the pan. Combine macaroni and Cheese Sauce. Pour into lined loaf pan. Bake in a moderate oven (350° F.) for 30 minutes.

Cheese Sauce

<i>4 tablespoons butter</i>	<i>1 teaspoon salt</i>
<i>½ cup flour</i>	<i>½ pound sharp cheese</i>
<i>2 cups milk</i>	

Melt butter, add flour and stir until smooth. Add milk gradually, stirring constantly and cook until very thick. Add seasonings and grated cheese and continue cooking until cheese is melted.

BARBECUED SAUSAGE CASSEROLE

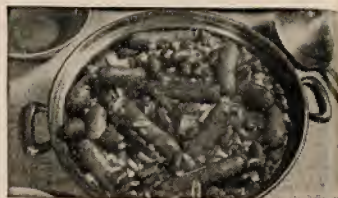
1 pound sausage — Serves 8

VICTORY MENU

SUPPER

Barbecued Sausage
Casserole
French Fried Potato
Sections
Cabbage Salad
Bread Sticks - Butter
Gingerbread Shortcake
Beverage

1 pound sausage links
2 tablespoons water
1 onion
 $\frac{1}{2}$ green pepper
6 pieces celery
1 can tomato soup
 $\frac{1}{2}$ cup catsup
 $2\frac{1}{2}$ cups cooked kidney
beans



Place sausage in cold skillet. Add water, cover and simmer until water evaporates. Remove cover, increase heat and brown sausage. Add onion, green pepper and celery, which have been chopped, tomato soup and catsup. Cover and simmer slowly for 30 minutes. Add beans to cooked mixture and heat.

BAKED FRANKFURTERS WITH STUFFING

VICTORY MENU

SUPPER

Baked Frankfurters
with Stuffing
Scalloped Cabbage
Assorted Fresh
Vegetable Plate
Corn Muffins - Butter
Apple Turnovers
Coffee

$\frac{3}{4}$ pound frankfurters and $\frac{1}{4}$ pound bacon
Serves 6

6 frankfurters
 $1\frac{1}{2}$ cups bread cubes
3 tablespoons grated onion
3 tablespoons butter
1 tablespoon chopped
parsley
Salt and pepper
6 slices bacon
Wooden picks

Purchase the large frankfurters. Cut each frankfurter partially through, lengthwise. Cut bread into small cubes. Cook onion slowly in melted butter until lightly brown. Add parsley, bread cubes and seasonings. Place dressing in opening in each frankfurter. Wrap with slice of bacon and fasten with a wooden pick. Bake in a shallow pan in a moderate oven (375° F.) for 30 minutes.

BROILED OPEN SANDWICHES

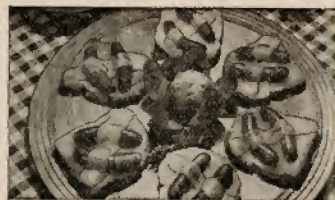
1 pound sausage — Serves 8

VICTORY MENU

LUNCHEON

Broiled Open
Sandwiches
Assorted Relishes
Raspberry Drop Cake
Tea

1 pound small sausage
links
2 tablespoons water
1 cup unsweetened
applesauce
8 slices buttered toast
8 thin strips American
Cheese



Place sausage in cold skillet. Add water, cover and cook until water has evaporated. Remove cover, increase heat and cook until sausage is browned. Spread 2 tablespoons of applesauce on each slice of toast. Arrange 2 sausage links on each. Place cheese strip across sausage. Broil slowly until cheese has melted.

MEAT EXCELS IN FOOD VALUE

Tips on the Use of Bones, Trimmings and Meat Drippings



Bones, trimmings and meat drippings, once carelessly tossed aside, are now treasured for the fine flavor they extend to other foods.

The bones may be simmered in water to make meat stock for soups, gravies or sauces. Bones which have bits of meat attached will season dried or fresh vegetables.

Meat trimmings add flavor to soups, vegetables and casserole dishes, such as potatoes, rice, spaghetti, macaroni and noodles. Tasty dressings and stuffings can also be made from scraps of meat.

No waste kitchen fat should be thrown away. Waste fats are needed by the war industry. However, meat drippings are high in nutritive value and full of flavor, and should be used as much as possible in cooking. Drippings should be strained, clarified and stored in a cool, dark, dry place. A tin can, such as a coffee can, with a tight fitting cover is a good receptacle for keeping fats in the refrigerator. Meat drippings can be used for frying, seasoning and shortening. Use meat drippings for:

Gravies

For consistently good gravy measure the ingredients.

Easy Gravy. Measure 4 tablespoons drippings and return to roasting pan or skillet with one cup water. Put one cup water and 4 tablespoons flour into jar with tight lid. Shake until mixture is perfectly smooth. Add to hot drippings and water and cook until thickened. Yield: 2 cups.

Natural Gravy. Measure one cup pan drippings. Add $\frac{1}{2}$ cup boiling water. Season to taste with salt, pepper and Worcestershire sauce. Heat. Serve just enough over meat to moisten well.

Brown Gravy. Measure 4 tablespoons drippings and return to roasting pan or skillet. Mix 4 tablespoons flour with drippings. Brown slowly. Add 2 cups hot water gradually, stirring constantly. Boil 2 minutes. Season with salt and pepper to taste. Yield: 2 cups.

Cream Gravy. Use milk or a mixture of half milk and half water in place of water. Do not brown flour.

Frying Vegetables

Potatoes, breaded egg plant, onions, sweet potatoes, tomatoes, cabbage and squash may be fried in meat drippings.

Seasoning Vegetables

Green beans, Texas rice, lima beans, dried peas, dried corn, hominy, potatoes and onions are seasoned by meat drippings.

Shortening

Bacon fat or ham drippings may be used as shortening in cakes, cookies, pastry, muffins, biscuits, yeast bread and rolls, griddle cakes and waffles.

* * *

Drippings may also be used to brown meat, such as pot-roasts and stews.

EAT THE RIGHT FOOD DAILY TO MAKE YOU STRONG

MEAT/POULTRY or FISH



1 or more servings

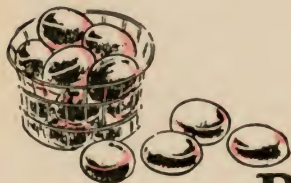
MILK

*1 pint for adults, more for children -
or evaporated milk or cheese*



EGGS

3 or 4 a week



POTATOES

1 or more servings



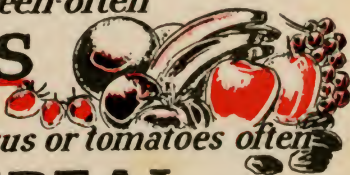
VEGETABLES

*2 servings - include
yellow or green - often*



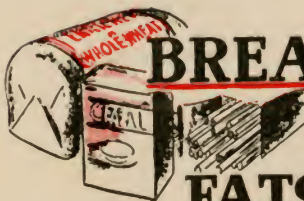
FRUITS

*2 servings -
include citrus or tomatoes often*



BREAD & CEREAL

*as desired - whole grain products or
enriched white bread and flour*



FATS & SWEETS

as desired



Prepared in the interest of the
Government, and for the purpose of
the National Nutrition Program
and the National Nutrition Program.

Chart based on recommendations of National Nutrition Program





The Pledge of the American Homemaker

I pledge the nation that my mission
Will be to practice good nutrition;
To plan those meals which every day
Yield energy for work and play;
Meals which supply the strength that wins,
With protein — minerals — vitamins.

I pledge my service to the nation
To do my part in conservation.
The rules of cooking I'll observe,
Each bit of food I will conserve,
With all the problems to be faced,
I'll do my best to outlaw waste.

I want to do my bit and more,
To help America win the war.

— H. Howard Biggar

**BUY
WAR
BONDS**